

Norfolk Inmate Council  
Executive Board  
MCI-Norfolk

May 8, 2025

RE: Action Points for K2 Treatment

The NIC offers the following actions points for the crisis of the K2 epidemic.

Approach Change :

For several years and multiple administrations the Norfolk Inmate Council (NIC) has unsuccessfully urged a change in thought and approach to K2 (Treatment Over Punishment)(TOP). This is another attempt to offer alternate forms to address the ongoing epidemic rather than same old thing which is not working. Recycle through BAU & 8 Block. Throughout the penal systems across the country the same issues have perplexed and sent the prison systems into disarray. Senator Patrica Jehlan currently has submitted legislation to form a commission to look into this issue. However something needs to be done today to correct this matter. In this spirit the NIC offers this as collaborative thoughts.

Create Orientation Unit two (OU2): Rather than recycling prisoners back through the 8 block on loss of canteen, work and housing status. Offer incentive based expansion to Orientation as a multi week process which involves all members of the community leadership / stakeholders. This involves on a weekly basis to expand the single orientation of having members of community leadership speak to this group as to their individual program/group/committee:

Week 1: Introduction to Orientation II (OU2). Break down what each week will be offering

Week 2: (Norfolk Inmate Council & Committees)

Week 3: (Self Improvement Groups)

Week 4: (DOC Programing, Spectrum, CRA etc)

Week 5: (Religious Activities)

Week 6: Offer a wrap up session to discuss path moving forward. Needs vs. wants. Plan of action moving forward to employment and housing. Remaining Substance Free incentives

Requirements: Completion of all 4 weeks without disciplinary report. Must be voluntary. Anyone can jump in at any point and receive a brief overview before attending. Yet must attend all 6 weeks. However if for some reason a d-report is incurred then must restart cycle again and redo all 6 weeks.

Incentive Based: Good time upon successful completion and full attendance. The goal is by the end of the cycle to sit down with someone the individual may chose to help design a plan going forward (see attached). An idea of this process is that the time at MCI-Norfolk (short/long) the individual has lost their way and

should be provided a refresher or deeper introduction into what MCI-Norfolk has to offer and a better more productive path moving forward. All areas noted should cover every aspect of MCI-Norfolk with the understanding all people are unique and something may work for one individual which does not for the other. This is to be sure the person knows or is brought back to their standing in the community.

Restoration to Community:

1) Have the individual understand what they have done how effects themselves and the community of MCI-Norfolk. Leadership will provide a dialog as to the effects this has had on the Community at MCI-Norfolk: Loss of visiting comforts, cooking items, movements. How this effects the individual (health, parole, classification, good time, family (money & contact). Harm to the Community Prison: losses to everyone; prisoners serving decades at MCI-Norfolk, prisoners loss of visits time, side by side seating, Impairing lawyer visits/Zooms etc. Speak to intent of MCI-Norfolk to teach community based principles: obligations to others, self, and the greater community at Norfolk. Owes family and friends more (victimize family, financially, mental health, loss of the person) and their own future.

The idea is to bridge the gap and assure prisoner leadership does not fall into the trap of stigmatizing this group but offers a hand up and out of their situations.

DOC Requirements: Space to meet weekly for the groups. Incentive based goals and meeting those goals: Upon completion of 4 weeks allow canteen fines and fees to be lifted for incremental amounts \$20, \$40, \$60, \$80, \$100 increases a week. Also have a required/agreed upon work component: Kitchen, Unit etc. Have a portion of pay be allowed to be used and a portion be utilized for fines and fees. Create additional work opportunities to reduce fines and fees (cleaning in housing units, picking up yards, etc.) Provide purpose in daily actions and life in the community which requires struture. Discuss pathways back to prior standing before addiction (Job placement, Housing Seniority, working to pay off fines and fees by extra work details.)

Thank you for your time and consideration on behalf of the NIC, Prison Community & those suffering addiction.

Respectfully Submitted,



William Duclos  
Majority Chairman NIC

cc: file

Action Plan

Name of Candidate:

Com #:

Date:

Name of II Intake Sponsor:

Com#:

Unit:

What is your biggest barrier to stopping use of Substances (K2, etc)?

What do you feel you need to move beyond this addiction (Housing, Work, MAT, Full Time Sponsor)?

Intake Sponsor Recommendation:

Agreed Upon Steps [wants & needs]

Examples and can be time and conditions reset every 6 months depending on progress.

Return to Single Cell after 18 months clean and sober.

Return to MassCor After 3 months instead of 6 Months.

Work Off SUD Fees and Fines: \$1.00 an hour extra work.

Attend AA/NA 3 Times a week.

Attend a Self Improvement Group at least weekly (could be two separate groups).

Attend Spiritual Service or study Weekly.

Seek Individual Peer Support weekly.

Provide Sponsor with weekly progress notes, needs and what may be missing or not being given.

Intake Sponsor Signature:

Date:

Staff Signature:

Date:

